

OKYEAME

September 28, 2006

American Embassy,
Accra

AFTER 45 YEARS, A CHANGED PEACE CORPS

Their mandate has changed along with their technology. ELISABETH GOODRIDGE takes a look at the Peace Corps, then and now. Meet Anthony Cotton, Peace Corps poster boy. He ought to be on a poster, anyway. If anyone embodies the spirit, the drive, the cliché of the do-gooding outfit, it's this 23-year-old from La Grange, Ill. Working in a Ghanaian village of weavers, he put a ecotourism marketing plan into motion and created a visitor center, an achievement that has boosted tourism by tenfold over two years.

In his spare time, Cotton designed and created the town library. He built a small gym that uses junked auto parts as weights and now oversees construction of teacher housing. And he speaks the indigenous language, Twi, pretty fluently. Consider him an antidote to the ugly American. That's very much what John F. Kennedy had in mind when he first deployed this force of volunteers back in 1961. In the worldwide struggle against communism, America needed more friends, and sending idealistic people abroad to help the needy was one way to win them over.

Much has changed in the Peace Corps since those first 51 volunteers -- all teachers -- headed over to Ghana 45 years ago this month. Outdoing the commies is no longer the imperative, volunteers tote cell phones and the mandate has expanded to urban planning, business advice and HIV/AIDS education. But in this age of terrorism and anti-American radicalism, the United States still needs friends in a big way. The Peace Corps has sent more than 182,000 volunteers in 138 countries as ambassadors to American culture, in turn giving volunteers an open-eyed view of the world beyond the 50 states.

LAUNCHING A MISSION

At the start of it all, Richard Port remembers a telegram saying that Ghana was going to be his home for the next two-plus years. He and the others traveled to Berkeley, Calif., for eight weeks of culture and language instruction and had a Rose Garden meeting with President Kennedy before flying off to the West African nation. "Our numbers were 0056 and 0057," said Port, who served with his wife, Ann. "Unfortunately we lost our little Peace Corps IDs. I wish I still had it, it shows how early we were." The Ports settled at a brand-new boarding school in the county's eastern region. They had a bungalow on the school grounds and taught a variety of subjects.

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Please let us know what you
would like to see in the
Okyeame. Your suggestions,
criticism and story ideas are
most welcome!

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okyeame is a Twi word meaning linguist, or chief's spokesperson.

"We didn't have running water and in the second year, we had electricity from 6-10 every night," he said, noting the experience was a "fundamental piece of our lives." These days, a three-month volunteer training, held in Ghana, kicks off the Peace Corps experience. Instead of a telegram telling him where to go, Cotton received a fat manila envelope full of details for his 27-month stint. "I came into something so established," he said. "With the Peace Corps, I had the brand name to persuade my mom." Then and now, Peace Corps volunteers don't run around with the flag or think much about their government's foreign policy goals. They just get to work.

PRO-PEACE, ANTI-COMMUNISM?

In the early days, anti-communism training was a big focus, according to Fritz Fischer, a University of Northern Colorado history professor and author of the book "Making Them Like Us: Peace Corps Volunteers in the 1960s." The Russians were also fielding volunteers to win hearts and minds, and the Washington powers that be wanted the Americans prepared. But that training only lasted three years. "Very soon the volunteers realized that whole battle had nothing to do with what (the Russians) were doing," he said. "They had much better things to be dealing with." Does Ghana still need the Peace Corps? The former British colony is booming, receiving millions in international aid, finally paving the road between the main cities of Kumasi and Accra and experiencing a 4 percent annual growth rate. Oh, and their Black Stars soccer team just beat the United States 2-0 in the World Cup.

You bet they need us, said Peace Corps Country Director Madeline Mader. "Ghana has gone up and down," Mader said, noting political coups and economic instability in the last 45 years. Case in point: Ghana faces a teacher shortage of 17,000. The 48 Peace Corps volunteer teachers "are a drop in the bucket, but that drop in the bucket has an impact on the life of a child," she said.

A NEW BREED

Enter Patrick Choquette. In a small village in the Central Region, he looks more like a young Silicon Valley entrepreneur in his khakis and blue polo than a high school science teacher. The 24-year-old native of Des Moines, Iowa, teaches in a tin-roofed school, accessible only along a flood-damaged dirt road.

Like the rest of the volunteers, he receives the equivalent of \$165 per month along with free housing. There is no running water in his home and the electricity is out on average once a day. "I decided I would go even before I knew anything about the Peace Corps," Choquette said. "It was too good a deal to pass up." Choquette had heard about the Peace Corps through his dad, who served in Pakistan during the '60s, and a Peace Corps recruiter who came to his university. None of that was in place at the beginning. Meryl Menon was a 21-year-old with one year of graduate school behind her, when she heard Kennedy -- in vague terms -- speak of serving your country. She was eager to sign up.

"It takes a certain type of person to even apply for something that doesn't have a history yet," she said in a recent telephone interview. "We were ready for the experience." Not only did Menon have an "extremely pleasing experience" teaching in a Cape Coast high school -- she met her future husband there. Volunteers today say the trick to a truly rewarding experience is not getting bogged down with a grandiose "change the world" mentality.

"People try to find their victories in small things," said Kristy Graham, who teaches water and sanitation education in the Ashanti Region. Graham has had her own ups and downs, but just thinking of the sanitation lessons she has done with school children makes her smile proudly.

Elisabeth Goodridge is a freelance writer.



From the South American Plains to Australia

By Silvana Liguori



The day we arrived in Australia, after traveling for three days around the world (cheap tickets), my three little children were very happy to see their father again after a three-month absence, but I don't believe their innocent minds understood the complexity of the situation - the fact that we would never, ever, return to Argentina. After many long, draining years of fighting to keep our large and prosperous citrus farms running, we had finally lost everything to the Machiavellian and corrupt government, and we decided to start all over again, somewhere else. With his engineering degree and \$2,000 borrowed from friends, my husband had gone ahead to Mildura, Australia. He had found himself a job, for which he was overqualified and underpaid, and had rented us a house. It was large and generous, with immaculate white walls and floors covered in carpet. I liked it very much; I could never have carpeted floors in the bedrooms back in Argentina, due to the large amount of mud that would be tracked in during the winter months. Only apartments have carpeted floors in Argentina.

In our new Australian house, the three bedrooms were quite big and pleasant, although there weren't any "real" curtains, only some plastic vertical blinds that didn't stop the morning sun from coming in. The walls were not made out of bricks like back home, but out of a simple compressed paper, making me wonder how I would ever hang pictures on them. The living room was comfortable and had large windows on both sides, and I was surprised at the lack of iron bars or strong timber blinds for security. A nice wood-paneled kitchen completed the family area, with its walls covered in perfectly-arranged tiles, or what looked like tiles, but were really plastic. I liked the idea of an open plan, as back home the kitchen is just a place for cooking, and the counter is usually against the wall, not in the middle of the room creating a table. The laundry and bathroom were across the hall from the kitchen; however, the toilet was not in the bathroom, as one might expect. I finally discovered it in a separate room, a long way from the bedrooms, through the laundry. "And where is the *bidet*?" I asked.

"There are no *bidets* in Australia," my husband explained, almost apologizing. "But where do you wash your bum?" I inquired, trying to avoid visualizing a life without a *bidet*, since it did not seem worth living. "You don't." The idea of the toilet being separated from the bathroom was outrageous enough for me. But not having a *bidet* was beyond comprehension. I turned away, swallowing fiercely and remembering my wise mother saying "when in Rome, do as the Romans do." And that was the end of our discussion about toilets and bathrooms. Years later, I would discover in Australian cities an innovative toilet bowl equipped with a tap which enables one to wash one's bum as desired, but at that time, they were unknown in Mildura. During the first two weeks in Australia I realized something else: heating is thought to be unimportant. The house was well-equipped with air conditioning everywhere, but, unlike Argentina where we have heaters in every bedroom, neither the bedrooms nor the living room had a heating system. It was freezing cold! In Mildura, people seem to believe that because the sun shines every day, winter doesn't exist; however, night temperatures drop below zero for almost a month during the year. There was just one electric heater, which my husband advised me not to use in order to avoid humungous bills. I used it anyway, but as soon as I turned it off, the whole house was cold again.

Since we arrived during the winter holidays, the first two weeks were hard because the children and I were alone all day. My husband went to work, and we spent the days walking to the nearest park, trying to talk to people, who looked at us in astonishment as we chatted to them. I thought this would be the way to make new friends and meet the neighbors; however, I would discover later that you need to meet somebody first and you can talk to them later. I wondered how you meet people if you don't approach them. The front yards, footpaths, and public spaces seemed to extend for meters and meters, making the distances between places unnecessarily endless and empty. Manicured gardens and bed roses made the streets look like French mausoleums, and there were rarely any children playing outside, unlike in Argentina where the footpaths are narrower, almost as if every neighbor has the right to peek into the house across the road and participate in its everyday life. The streets in Argentina are, indeed, full of people walking across, asking you where are you going, with whom, why and how come. Old ladies in their fur coats and high-heeled shoes walking to the supermarket, the smell from coffee shops, the traffic sounds and the contrast among colors convert simple narrow streets into a vibrant environment.

But in Australia, I walked across the empty streets, feeling the cold air in my face, and was transported across time and space, remembering steamy summer nights in my native land: neighbors taking their TVs, electric fans and kitchen tables outside in front of their homes, where they stayed until midnight, sharing their beer and arguing about politics; children running around shooting water pistols; sweaty lovers kissing fervently under jacaranda trees. Nothing was private; everything was to be shared.



From the South American Plains to Australia cont.



On our first weekend in Australia, we visited the Murray River. It was a small, harmless, almost imperceptible thread of water running across the dry, harsh environment. Coming from the plains beside the Parana River ("big waters" in the indigenous language), which originates in the Amazon jungle, I could not believe that the Murray was really considered a river. I had never heard of any kind of "water-saving" plan, since coming from South America I had never seen drought in my life. Our 2,000-ml annual rainfall could occur over a period of nine months, or during a three-day period, when summer rains discharge their ferocity from the sky, and the large drops penetrate the soil as if it were being hit by a rifle. It smells wet, it is wet.

This soil was unlike any other I had seen; red, beautiful and intense. Everything looked ancient, as if time had stopped millions of years ago and the eucalyptus trees had been there forever. Even the birds flew patiently, as if they had no rush to go anywhere. I had never seen pelicans in freshwater systems before, and I found that fascinating. My eyes looked around trying to store all sorts of new colors, shapes and dimensions in my brain; my nose absorbed every molecule of the fresh aromas; my ears perceived the strangest sounds. I even thought I could hear a baby crying, which took me months to identify as a kookaburra. My skin felt the dry chilly air of the winter morning. I registered these new sensations, since everything in this country was absolutely new for me, and not only my mind had to get used to them, but my body as well. In early spring an old man knocked at my front door. He wanted to come in, claiming that the real estate agent had sent him to clean the air conditioner for summer, very important apparently when the temperature reaches 47 degrees Celsius. Due to my typical Argentine paranoia, suspecting he could be a thief, it took him a while to convince me that he was who he said he was, and that he represented no harm to us. He was well into his late sixties and wore blue overalls, two sizes too small for him, with the zipper going down past his large round belly and nearly exposing his underwear printed with the logo of the "Tigers" footy club.

The man had funny boots on, which I learned later were the typical Aussie ones, and a large hat, to avoid skin cancer, even though he was inside. I found the combination bizarre, but I let him in. He went up on the roof, and after a while came asking for a "sip," a requirement which I didn't quite understand. When he finished his job, he came down from the roof, entered the house and said "Good on ya, mate!" - a phrase which took me a while to grasp, but I later recognized as an essential in the Aussie "dialect" - turned around, and left the same way he had come in. By the end of the year, my daughter finished grade six, and we received a letter inviting us to her primary school graduation. The graduation was to occur early in the evening and the school asked the parents to take some food to share. It was going to be an important event for her, considering her many months' worth of new experiences, and I wanted it to be special. I prepared a plate of antipasto and oysters beautifully decorated and wrapped it up with a white paper towel, as I was expecting to find tables and chairs for the graduates and their parents. Despite our lack of money, I bought a new dress in order to be dressed appropriately for the event, short above the knee, in nice green and white, an afternoon, not an evening dress. I wore my pearls (a gift from my mother-in-law) and brown high-heeled sandals, and put my hair up in a soft bun. Renata had a white dress that made her look like an angel. She wore white shoes, and her curls shone in the strong evening sun. The other two children wore their school uniforms.

When we arrived, there weren't any tables, or chairs as I had expected, nor a special place for the parents. I had to ask a few times before I understood what was going on, because we didn't know where to sit down, or where to put the food we had brought. As we began to look around, I came to the cruel realization that people were sitting (typically Aussie style) on mats on the grass. The table I had dreamed of didn't exist, and the food wasn't for sharing, but was McDonald's take-away to be eaten as quickly as possible before the ceremony began. Worst of all, people were wearing rubber thongs such as those used at the beach, singlet tops, 1980s Hawaiian shirts and grubby shorts, as if they had just arrived from grilling at a backyard "barbie." We didn't have anything to drink with us, because we had assumed the school would be serving champagne. There we were, standing, all dressed up, not understanding how we could have been so wrong. We sat on the grass, and ate without drinks; my pearl necklace, ring and bracelet didn't match well with the surrounding environment, or, one might say, the ridiculous situation. That day was a very educational experience and something we will never forget.

As the years passed, my children became resilient, and we all recovered from our losses. After drifting along through a wide range of jobs - from cleaning motels to mining - I now find myself teaching English to recent arrivals, and I proudly tell them that I was one, once. Although we are not "locals" - a title given only after 30 years of residence in Australia - a long time has passed since our arrival, and we are now part of Australian society. Terrible stories circulate the corridors at the immigrants' center; yet, I know that somehow, at their own pace, these men and women will all find their niche in society, the same way I have. Copyright 2005 by Silvana Liguori. All rights reserved.

Loud and frequent snoring, on your part or on your partner's, may seem inevitable during your overnight sleep time. About one-third of older adults snore. Snoring occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe, creating hoarse or harsh sounds. **What causes snoring?** As you doze off and progress from a lighter sleep to a deep sleep, the muscles in the roof of your mouth (soft palate), tongue and throat relax. If the tissues in your throat relax enough, they vibrate and may partially obstruct your airway. The more narrowed your airway, the more forceful the airflow becomes. Tissue vibration increases, and your snoring grows louder. Having a low, thick soft palate or enlarged tonsils or tissues in the back of your throat (adenoids) can narrow your airway. Likewise, if the triangular piece of tissue hanging from the soft palate (uvula) is elongated, airflow can be obstructed and vibration increased. Being overweight contributes to narrowing of your throat tissues. Snoring also can be brought on by consuming too much alcohol before bedtime. Alcohol acts like a sedative, relaxing throat muscles. Chronic nasal congestion or a crooked partition between your nostrils (deviated nasal septum) may be to blame.

When to see medical attention? Snoring may be an occasional problem, or it may be habitual. Snoring may also be associated with sleep apnea. In this serious condition, excessive sagging of throat tissues causes your airway to collapse, preventing you from breathing. Sleep apnea generally breaks up loud snoring with 10 seconds or more of silence. Eventually, the lack of oxygen and an increase in carbon dioxide signal you to wake up, forcing your airway open with a loud snort. You may not be aware that you snore, but your bed partner likely is. *Seeing your doctor about your snoring can benefit both of you.* For you, snoring may indicate another health concern, such as sleep apnea, nasal obstruction or obesity. For your partner, your seeking medical advice about your snoring may result in being able to get a restful night of sleep. If your child snores, ask your pediatrician about the problem. Nose and throat problems and obesity often underlie habitual snoring in children. Treating these conditions could help your child sleep better at night.

To prevent or quiet snoring, try these tips:

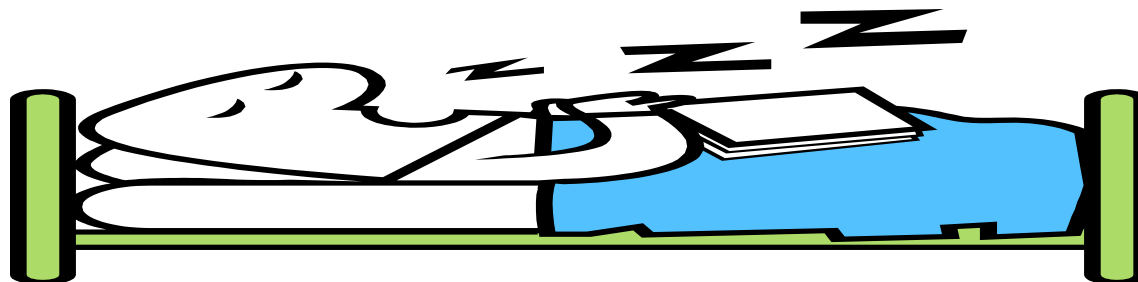
If you're overweight, lose weight. Being overweight is the most common cause of snoring. Flabby throat tissues are more likely to vibrate as you breathe.

Sleep on your side. Lying on your back allows your tongue to fall backward into your throat, narrowing your airway and partially obstructing airflow. To prevent sleeping on your back, try sewing a tennis ball in the back of your pajama top.

Treat nasal congestion or obstruction. Allergies or the partition between your nostrils being crooked (deviated septum) can limit airflow through your nose. This forces you to breathe through your mouth, increasing the likelihood of snoring. Use an oral or spray decongestant for no more than three days in a row for acute congestion. Ask your doctor about a prescription steroid spray if you have chronic congestion. Adhesive strips applied to your nose widen nasal passages and may help reduce congestion or obstruction. To correct a deviated septum, you may need surgery.

Limit or avoid alcohol and sedatives. Sedatives and hypnotics (sleeping pills) and alcohol depress your central nervous system, causing excessive relaxation of muscles, including the tissues in your throat. In addition, they can increase the duration of stoppages of breathing by blunting the brain's ability to arouse from sleep and restart breathing.

In addition, laser surgery may reduce disruptive snoring. However, laser surgery isn't suitable for all people who snore, such as people with sleep apnea, a potentially serious disorder in which breathing stops and starts during sleep.



EMERGENCY NUMBERS

Ambulance: Dial 193

Planned Parent Association of Ghana (PPAG): Dial 233-21-306104

Fire Service: Dial 192

Police: Dial 233-27-522288

Police (Emergency) 233-27-522299

<http://www.ghanacityguide.com/index.html>



Pet Care In Accra

WHY DOES MY CAT DO THAT?



Jennifer Stone

Information Specialist

[University of Illinois](#)

[College of Veterinary Medicine](#)

Cats' enigmatic behaviors often seem inexplicable to their human companions, but cats have reasons for the things that they do!

Why does my cat make that funny face?

Have you ever seen your cat smell something very intently and then open its mouth slightly with its lips curled back? This funny face is called the Flehmen response and is seen in cats and other animals, such as horses, in response to certain smells, such as urine.

Dr. Tricia Heine, a veterinarian formerly with the University of Illinois College of Veterinary Medicine in Urbana, says, "Cats have a Flehmen response like other animals via the vomeronasal organ." This small organ located in the nasal cavity is connected by nerves to the regions of the brain controlling sexual behavior. Two small ducts lead from the vomeronasal organ to openings behind the upper front teeth (incisors). It is theorized that the Flehmen response increases the flow of the odor to the vomeronasal organ, which relays information about the smell to the brain.

What is purring?

Purring is a wonderful form of communication and mutual comfort between a mother cat and her kittens. The behavior is continued throughout life. While it is usually a sign of pleasure, a cat may purr at other times, such as when it is anxious or close to death. There has been a great deal of speculation on how purring occurs. Some have theorized that it is caused by the turbulent movement of blood through major blood vessels or by soft palate vibrations. Electromyographic tests, which measure the level of electrical activity in muscles, seem to indicate that it is actually caused by the activation of the muscles of the larynx (the structure containing the vocal cords in humans) and by partial closure of the opening of the larynx, called the glottis.

Why does my cat rub his face on everything?

Cats like to rub their chins, cheeks, and bodies on almost anything. It may feel good to them, but that is not their primary reason for doing it. Dr. Heine says, "Cats have scent glands around their mouths, chins, foreheads, and lips, so rubbing puts their scent on whatever they are rubbing against." When a cat does this to a person, it may also serve as a form of a greeting.

When cats live in a group and rub each other frequently, they are able to exchange scents and thus create a "colony scent" that provides a much faster way of identifying intruders. When a cat returns from a visit to the veterinarian, the other cats in the household may hiss and behave in an unfriendly manner, as though they do not recognize their housemate. This shows that recognition between cats has as much to do with smell as it does with visual information.

Why does my cat scratch?

The most obvious function of scratching is that it conditions and sharpens the claws. It also removes loose bits of the nail sheath that covers the nail as it grows. A less obvious function is that it serves as a visual form of identifying the area as the cat's territory. Cats also have scent glands in their paws, so scratching imparts a scent to the object, which marks it as well. This may be one of the reasons that cats continue to "scratch" even after they are declawed.

Why does my cat knead?

When my cat comes and gets on my lap, he frequently extends his claws, digging them into my thigh with an alternating rhythmic motion. My husband and I call this rather painful ritual the "happy dance," but most people know this behavior as "kneading." Kneading is a behavior that is a remnant from kittenhood. It is sometimes called "milk tread" because it is done during nursing. As the kitten suckles at the mother's teat, it extends its legs and performs this kneading motion on the area around the teat.

Dr. Heine says, "Kneading the breast promotes faster flow of milk"; therefore, this behavior is often used when milk is not flowing from the teat as fast as the animal can drink. It is speculated that as adults, the behavior is continued as a form of comfort when the animal is feeling safe and happy, so the next time your cat does the "happy dance" for you, remember that he may be associating the comfort and happiness that he gets from you with happy memories of time with his mother.

AROUND TOWN

North American Women's Association promotes friendship among North American women, and between North American & Ghanaian women. Also fundraising for Ghanaian charities, especially those focused on women & children. Meetings start at **6:30 pm** with food and fellowship and the business meeting will follow, at the Coconut Regency Hotel behind Immigration. Their book *No More Worries* can also be found at www.noworriesghana.com For more info go to www.nawaghana.com or call Carol Pietryk tel. 0242-108273 or email at jcpietryk@yahoo.ca.

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk

Accragio, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm

- 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrncir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm sharp departure. Location varies. Contact ac-crahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)

Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation!! Each Wed at 11 a.m. and Thurs at 6 p.m. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 021 270162 Services offered: Healing, Courses and Meditations

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallagy@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Community News and Events

Golf at Achimota. Regular rounds on Tuesday mornings (half round at 5:30am) and Friday afternoons (2:30pm). Other times available. Play in groups by skill level, on a course that's remarkably uncrowded, superb for beginners, challenging for experts. Great conversation. Good exercise (walk 8 km over 18 holes in 3 hours). Very reasonable prices, including rental clubs and lessons. Club memberships available. Contact Jeff at Cochrane@igc.org.

Looking for French Lessons?

There are a number of ways to learn French available here in Accra!

- Alliance Française in Accra offers French courses www.alliancefrancaiseghana.com

There are also private lessons available

- Youri @: 027-744-9398 or 021-323-674
- Boris Dabla 0243 471 593

LEARN GERMAN in GHANA!

The Goethe-Institut has German courses available for every level. You can learn conversational German or study vocabulary for specific business use. You can attend courses or learn online!

For information about course schedules, fees and availability, go to <http://www.goethe.de/accra> and select the Learning German option on the menu!

The Caledonian Society

Scottish Country Dancing returns! Tuesday nights, 6 -7:30 pm, at the Grasscutters Return, British High Commission Compound. Newcomers are most welcome!

For more information contact Michael at CaledonianGhana@yahoo.co.uk

Room available in apartment above Bywel's Bar, Osu. Rent \$150/month. Available 1-6 months. Contact jill_schnobelen@yahoo.com for more information.

Translation Services

USAID/WA is seeking the services of a contract translator or a translating firm to translate from French to English and English to French. Apart from translating official documents that often require USAID terminology; the translator will be translating materials that contain a variety of technical, scientific, legal and statistical information on "as needed" basis.

Desired Qualifications

Education: Graduate degree, ideally the equivalent of a B.A. or B.S. degree, is required with graduate-level command in French and English used in translation and interpretation.

Work Experience: Three to five years of interpreting or translating from English to French or vice-versa. Experience in doing technical translations in one or more areas of USAID programs is highly preferred.

Language Proficiency: Fluency in English (Level V) and French (Level V).

How to Apply

Interested persons or firms should please submit their CV and proposal to:

The Procurement Supervisor
USAID/Ghana
E45/3 Independence Avenue
P.O. Box 1630
Accra

Closing Date – October 20, 2006

HORSEBACK RIDING

Lessons at Burma Camp! To schedule lesson or book a trail ride, call the Stable Manager - "Mr. Bempeh" at 0208-135-898.



CLASSIFIEDS

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WANTED

Nanny wanted for one-year old in Labone. Hours are 7 am till 5 pm and possible Saturday mornings. Must have experience with toddlers and have own accommodation. First aid training preferred. Please call 0244 325 982 for more information. (1)

SEEKING urgently an apartment or room for a young couple working at French Embassy. Available for from mid-September until the end of February. If interested, or know anyone who might be, contact James @21 45 50 or email: james.dickson@diplomatie.gouv.fr james.dickson@diplomatie.gouv.fr (2)

Wanted: DOMESTIC / COOK. We are looking for a professional house maid who Knows also how to cook. tel.: 0242 266 713 (1)

SEEKING EMPLOYMENT

Babysitter: USAID Intern, free weeknights after 5:30pm (Friday 1pm) and weekends for babysitting. Experience with children of all ages, especially toddlers and infants. Refs. Avail. Contact Megan Mager at 024.641.2249 meganma@gwu.edu.

Nanny or Housekeeper - Available Immediately. Excellent qualifications and experience as a nanny to young children. Has worked for numerous expatriate families of different nationalities in Ghana and Togo. Meticulous housekeeper and skilled in grooming and exercising dogs. Contact Mercy 027-708-0803 (3)

Nanny or Housekeeper - Available Immediately. Excellent qualifications and experience as a nanny to young children. Has worked for numerous expatriate families of different nationalities in Ghana and Togo. Meticulous housekeeper and skilled in grooming and exercising dogs. Contact Mercy 027-708-0803 (3)

Ambrose is an eager young man seeking employment as a secretary or to do odd jobs. Despite limited work experience, he has necessary skills and language to be successful and easy to work with and a lot of potential. I highly recommend him. Please call Jane 0243-201069 in the evenings or late afternoon for more information. (3)

JOB ANNOUNCEMENT: The Peace Corps in Ghana is seeking to hire a full-time medical officer (PCMO)

Duties: The Peace Corps Medical Officer provides clinical care, counseling and health education to 140 Peace Corps Volunteers throughout Ghana. The position is based at the Peace Corps office in Accra. On call Duties and travel within rural Ghana will be required. A detailed position description is available upon request by contacting the Peace Corps Office in Accra.

Qualifications: Applicant must have training and experience as a Nurse Practitioner or Physician's Assistant or equivalent; be fluent in English; possess excellent organizational and administrative skills necessary to manage all aspects of a small health clinic and ability to train adults in health issues; have a demonstrated ability to work in a stressful, fast-paced work environment; have computer, e-mail and Internet skills. At least five years of work experience in a professional clinical practice is required. Training and, or, work experience in Western Europe or the U.S. is desirable. Applicants must possess required work and, or residency permits for employment in Ghana. The successful candidate must undergo security clearance by the US Embassy.

Applications should include a cover letter in English, detailed CV Giving motivation and interest in the position, present employment and responsibilities, references, three letters of recommendation (at least one medical), educational certificates and licenses. Only finalists will be contacted. Interviews will take place on October 10 and 11, 2006. Reply by post to: Country Director, Peace Corps, P. O. Box 5796, Accra-North, or hand-delivered to the Peace Corps office 26 W. Cantonments Road (Switchback Lane), Cantonments, or by e-mail to jobs@gh.peacecorps.gov Telephone 21-775-984. Applications must contain all required documents and be received in the Peace Corps in Accra office by **September 29, 2006**.

The FONZ Gift shop at the Accra Zoo has the perfect gifts for your little animals! Stop by and see the great kids cloths and help support Zoo Restoration at the same time!!

Friends of the National Zoo is a non-profit organization supporting the Accra Zoo.

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SEEKING EMPLOYMENT contd.

Security Guard - Danso Baafi is a reliable, trustworthy guard seeking employment. He currently works part-time at my house, but would like full-time work. For more information please call Emily at 0244-326926.

Nanny wanted for one-year old in Labone. Hours are 7 am till 5 pm and possible Saturday mornings. Must have experience with toddlers and have own accommodation. First aid training preferred. Please call 0244 325

FOR SALE. Expat leaving within a few months. Items for sale to book In advance: furniture, electronic, household, kitchen wares, a lot of French learning material too etc. If you wish to receive the list, please, send an e-mail to: transnet@hikyaku.com

French Private lessons. Learn French with a qualified teacher :specialised French (FOS), conversation classes, homework assistance on Internet, all levels. Please, contact : e-mail: transnet@hikyaku.com / tel.: 0242 266 713

Nanny experienced with small children wanted to work Saturdays and Sundays for 2 months beginning October 7. Please call Diane at 0243122763.

Part time gardener and handyman available. Albert can also do minor electrical repairs and carpentry too. Please call Gail 0244-311-944.

VEHICLES FOR SALE

1997 Toyota 4Runner, dark green, tan colored leather interior, automatic, 5-door, low mileage (56,000), brand new top of the line tires, etc. Car in VERY good shape, regularly maintained by a good mechanic. A box or two of parts as well—air filters, oil filters, fuel filters, spark plugs, windshield wipers, etc., would go to the buyer. \$10,500/best reasonable offer. U.S. dollars only. Call 0244-311-927. (2)

1998 Honda Civic 4 door sedan, 61700 miles, manual transmission. Excellent condition. Duty not paid. Private Party Blue Book value \$6760, best offer. Call Diane at 0243122763.

Volvo S40 2003, black leather seats, AC, airbags, power steering, electric windows & doors, alarmed, fully loaded, low mileage, duty paid REDUCED \$18,0000 Call 020 813-6962

2003 Volvo S40 Saloon car, black leather seats, AC, airbags, alarmed, power steering, AM/FM stereo, power doors and locks. Fully loaded, low mileage \$20,000. Duty paid. Call 020 813-6962 (3)

2001 BMW 320i, E46, Silver Metallic 2.2L, DOHC, straight 6 cylinder, from Japan Excellent condition, 48,000 km, 2 owners Duty not paid, Price \$ 22,000 Available from now. Please, send an e-mail : transnet@hikyaku.com

Toyota Corolla Model CE (this is the top of the line model). Year: 2001 with 35,000 miles. Power windows and doors, A/C, radio/tape/CD deck, automatic transmission. In excellent condition. Recently serviced and with brand new tires. Four doors, color - black. Asking \$5,650. Duty not paid. Please call 0244-311-262. (2)

CDs for Sale Peace Corps Volunteer and musician Tonya Stephenson, who lives and works in a small community near Bolgatanga, is selling CDs to support the Tengzug Youth Choir. The choir, which was formed in 2005, has 15 girls and boys ages 12-16. Proceeds from the sale of the CDs will provide support for the choir members to attend Senior Secondary School. The songs are in Talan (local language), Frafra, Zulu, and English. If you are interested in purchasing a CD and helping to support this worthy project you can contact Mary Jordan (spouse of Karl Field) at 0243 833 010. (3)

Hyundai Galloper II 4WD turbo intercooler, 2.5L diesel engine, 7 seater, manual transmission. ABS (anti-lock braking system), AC, CD+Radio cassette player, Driver & front passenger airbags, Power steering Power brakes, Central door locking system, Front grill guard, Reinforced suspension. Serviced every 5,000km. Registered Dec. 2003. Only, 28,562km on clock. Duty not paid \$16,995ono. Contact 0244 509986 or 021233348 e-mail Fiona.Hayward@fco.gov.uk (2)

MISCELLAENOUS

FOR RENT: BEACH HOUSE in Prampram. One bedroom, bathroom with shower, lounge, kitchenette and large balcony, plus water and electricity. \$200 per month. If interested, call Amanda 024-431-0066 (2)

Yakima BIKE RACK that will fit any car with a standard factory roof rack. The rack will hold several bikes. If you are familiar with bike racks you know that Yakima are the most reliable racks money can buy. Price \$200. Call Jonathan at 0244-331-101 or e-mail natalie_lorence@yahoo.com (2)

We are looking for a cheap car/jeep costing approximately USD 5000. Raj Gyawali raj@socialtreks.com and bmlienhart@snvworld.org

CO-CLO POSITION STILL OPEN FOR AMERICAN EMBASSY FAMILY MEMBERS ONLY!!!
CALL Rich Marsh in Human Resources for more info.

Famous Quotes:

If you wish to tell [it to] God, tell the wind.
Akan Proverb

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For Sale	VEHICLES FOR SALE	Professional Development Opportunity: IELTS Examiners
<p>Dryper nappies size XL (12kg+/26lbs+) 60 nappies per pack. 150,000 cedis. 6 packs available. Pampers Premium nappies size XL (13kg+) 42 nappies per pack. 150,000 cedis. 7 packs available. To donate to a charity organisation: Used kid's clothes (age 2-5years) and toys/books. Please contact Joanne 0243169136</p>	<p>Nissan Sunny, 2000 - grey, e/c, c/c, rd/c, Full Service History \$10,000- Call 021 665052</p> <p>Audi A4 1.8T, 1997 Model, - Brown Mettalic, CD, Alloy Wheels, Leather Seats, Sunroof, 1 Owner, Full Service History, Good Condition, \$7,000 Call Afua 66505</p>	<p>The British Council wishes to secure the services of suitably-qualified and experienced individuals to join our team of International English Language Testing System (IELTS) Examiners.</p> <p>Requirements</p> <p>Successful applicants must be able to demonstrate evidence of all of the following:</p> <ul style="list-style-type: none"> •an undergraduate degree or a demonstrably equivalent qualification •a relevant qualification in Teaching English as a Foreign Language [e.g. P.G.C.E in T.E.F.L. (or T.E.S.O.L.), RSA Cert. in T.E.F.L.] from a recognized tertiary institution either in Ghana or abroad. •at least three years full-time relevant, post-TEFL qualification teaching experience •the required professional attributes and interpersonal skills. <p>Application procedure Please visit www.britishcouncil.org/ghana for specifications of the professional attributes required. Letters of application incorporating an up-to-date curriculum vitae and the names of two referees should be sent via e-mail to Director, British Council Ghana (infoaccra@gh.britishcouncil.org), or to British Council, Liberia Road, P.O. Box GP771, Accra no later than 4 p.m. on 6 October, 2006.</p>
<p>FOR SALE (Expat leaving) Living room furniture Office furniture Sony Television (34 ins) LG refrigerator G.E dryer Treadmill& lots of other attractive household items. For more information, please contact Pushpa 021-271092 or 0244972174</p>	<p>CLASSIFIEDS CONT.</p>	
<p>FOR SALE:DST dual vieww system, EUR 300.00 available 1st week of October, Subscription paid till end of November.Call: Jef Haenen, 02443290 Jef Haenen 00233-21-785487/00233-244-329037</p>	<p>SUBSTITUTE TEACHERS NEEDED Lincoln Community School is currently seeking substitute teachers for the 2006-2007 academic year. Interested, qualified candidates should send resume, contact information for references, current letters of reference and copies of relevant certification to: Sante Andah Human Resources Coordinator, Lincoln Community School, P. O. Box 194, Accra. Tel: +233-21-774018 Fax: +233-21-78095 E-mail: Santeandah@lincoln.edu.gh</p>	
<p>New Top of the Line Topeak Baby-Sitter suspension child bike seat. \$120 Call Diane 0243122763.</p>	<p>Every Wednesday @ 8 p.m. Alliance Francaise hosts their cultural show. It is a wonderful venue and a great opportunity to meet local people, hook up with the ex-pat community and get your dance on ~ I highly recommend it as one of my favorite things to do in Accra. This venue offers patio and outdoor seating and a restaurant and bar. Thanks Barbara!</p>	
<p>GREAT FINDS!</p>		
<p>Quintessential Salon: Near Pippas Gym, Proprietress, Alice Vander-Staaj and Antoinette both wonderful for cuts and color. Tel 021 764508</p>		